

Chickpea Lentil Burgers topped with mango avocado Pico

Recipe type: Vegan, Vegetarian, Burger, Dinner, Gluten-free

Serves: 6

Ingredients

1/2 cup dried red lentils, rinsed and drained
1-15 oz can of chickpeas, rinsed and drained
1 tsp ground cumin
1 tsp chili powder
1 tsp sea salt, plus more to taste
1/2 cup packed cilantro
2 garlic cloves, minced
1 jalapeno, de-seeded and finely chopped
1/2 small red onion, minced
1 red bell pepper, very finely diced
1 large carrot, very finely chopped or shredded
1/4 cup oat bran or oat flour, gluten-free if desired
Lettuce or Hamburger Buns, to place patty in

For pico:

1 large ripe mango, diced
1 ripe avocado, diced
1/2 small red onion, finely diced
1/2 cup chopped cilantro
1/2 tsp fresh lime juice
sea salt, to taste



Instructions

1. To make mango avocado pico: Place all ingredients in a bowl and stir to combine. Add salt to taste. Place in refrigerator until ready to serve.
2. Place a medium saucepan over medium high heat, add lentils and 1 1/2 cups of water; bring water to a boil, then cover, reduce heat to low and simmer lentils for about 10-15 minutes or until the liquid is absorbed and lentils are very soft and a bit mushy. Drain any excess water and set aside.
3. Place the chickpeas, cooked lentils, garlic, cilantro, sea salt, cumin, and chili powder in a food processor and blend until the beans and lentils are very smooth.
4. Transfer mixture into large bowl. Stir in onion, jalapeno red pepper and carrot. Taste and adjust seasonings as necessary.
5. Add in oat bran a little at a time, and work into mixture with your hands. You want to be able to form patties, but you don't want too much oat bran, or the burgers will fall apart. So use as much as you feel necessary. Because these burgers do not use an egg to bind them, you'll have to firmly shape the patties but still keep them pretty thick so that they don't easily fall apart. Divide into 6 equal portions and shape into thick patties with your hands.
6. Heat skillet over medium high heat; add in a 1/2 tablespoon of olive oil (sometimes I spray both sides of the burger with olive oil cooking spray too).
7. Place a few burgers in at a time and cook for a few minutes on each side, or until golden brown and crisp. Repeat with remaining patties and continue to add olive oil as needed.
8. Place patties in lettuce or in a bun and top with mango avocado pico.